



rogerblack

GOLD MEDAL ROWER AG-14402



fit for life

with Roger Black





Dear Customer

We thank you for choosing your Roger Black Product and wish you every success during your training.

Please read the User Manual and operation instructions carefully prior to assembly and use, if you have questions please do not hesitate to contact us on the following number or web site:

Customer service: +44 (0) 0845 600 0464

Website: www.rogerblackfitness.co.uk

E-mail: fitnessequipment.enquiries@argos.co.uk

A stylized, handwritten signature in white ink. The signature appears to read 'Roger Black' and is written with fluid, overlapping strokes.



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Gold Medal Rower AG-14402

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IMPORTANT SAFETY INSTRUCTIONS

Read all the instructions in this manual carefully before using your equipment.

WARNING: Before beginning this or any exercise programme, consult your physician. This is especially important for persons who have not exercised regularly before or persons with pre-existing health problems. Read all instructions before using.

Manufacturer assumes no responsibility for personal injury or property damage sustained by or through the use of this equipment.

1. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all warnings and precautions.
2. Use the equipment only as described in this manual
3. Place on a level and stable surface, with 2 meter of clearance around it. To protect the floor or carpet from damage, place a mat under this equipment.
4. Keep the equipment indoors, away from moisture or dust. Do not put the equipment in a garage, shed, outbuilding or covered patio, or near water. Failure to do this will invalidate your warranty and could cause serious safety problems.
5. Do not operate the equipment where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the equipment all the time.
7. The equipment should not be used by persons weighting more than 120kg. Serious injury may occur if the user weight exceeds the limit shown here.
8. The equipment complies with class HC of the standard EN957.
9. Never allow more than one person on the equipment at a time.
10. Wear appropriate exercise clothing when using the equipment. Do not wear loose clothing that could become caught in the equipment. Athletic support clothes are recommended for both men and women.
11. If you feel pain or dizziness while exercising, stop immediately and cool down.
12. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of the heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
13. This equipment is intended for home use only. Do not use in a commercial or institutional setting.

STORE THESE INSTRUCTIONS IN A SAFE PLACE FOR FUTURE REFERENCE

PRE-ASSEMBLY NOTES

Open The Boxes

Make sure to inventory all of the parts that are included in the boxes. Check the Hardware Chart for a full count of the number of parts included for proper assembly. If you are missing any parts, please call our Technical Support line 0845 600 0464.

Gather Your Tools

Before starting the assembly of your unit, gather the necessary tools. Having all of the tools at hand will save time and make the assembly quick and hassle-free.

Clear Your Work Area

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Hardware Chart

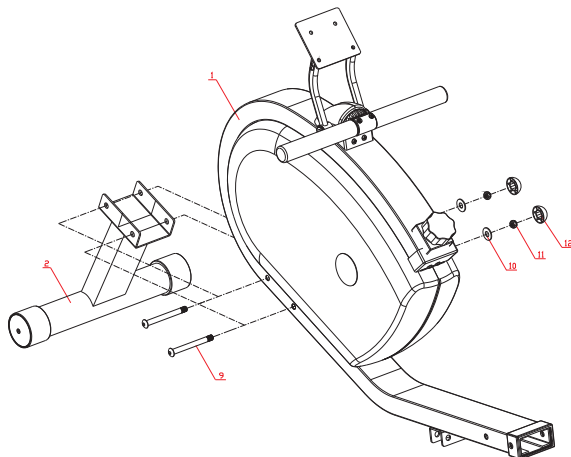
For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you. If you find any parts missing please contact our Technical Support line 0845 600 0464.

09.Allen Head Bolt M10*100	2
10.Flat Washer Ø10*Ø25*T1.5	4
11.Nylon Nut M10	4
12.Nut Cap M10	4
13.Allen Head Bolt M10*50	2
14.Flat Washer Ø8.5*Ø16*T1.5	8
15.Spring Washer Ø8	4
16.Allen Head Bolt M8*15	4
17.Allen Head Bolt M16*15	8
18.Flat Washer Ø6.5*Ø22*T1.5	8
19.Rail Axle II Ø10*80	1
20.Rail Axle II Ø10*85	1
23.Rubber Stopper	4
24.Allen Head Bolt M8*20	4
26.Left Aluminum Track End Cap	1
27.Square Washer	1
28.Right Aluminum Track End Cap	1
29.Pedal Axle Ø13*113	2

ASSEMBLY INSTRUCTIONS

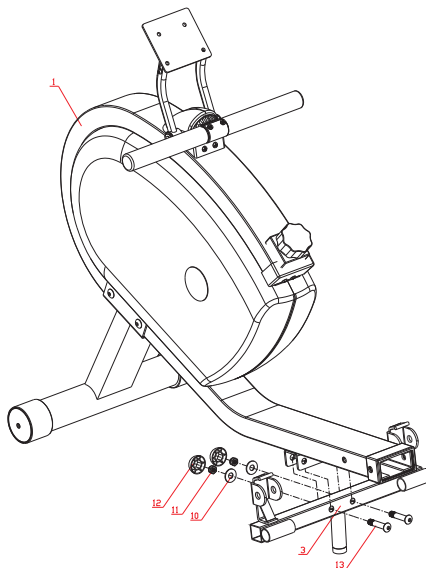
Step 1

Attach the Front Stabilizer (2) to the Main Frame (1), secured with Allen Head Bolt (9), Flat Washer (10) and Nylon Nut (11), and covered by Nut Cap (12).



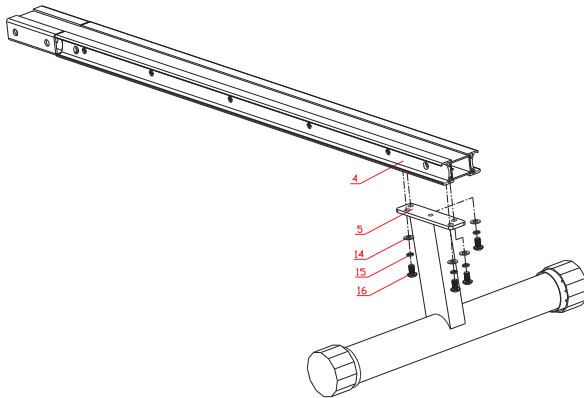
Step 2

Attach the Pedal Support (3) to the Main Frame (1), secured with Allen Head Bolt (13), Flat Washer (10) and Nylon Nut (11), and covered by Nut Cap (12).



Step 3

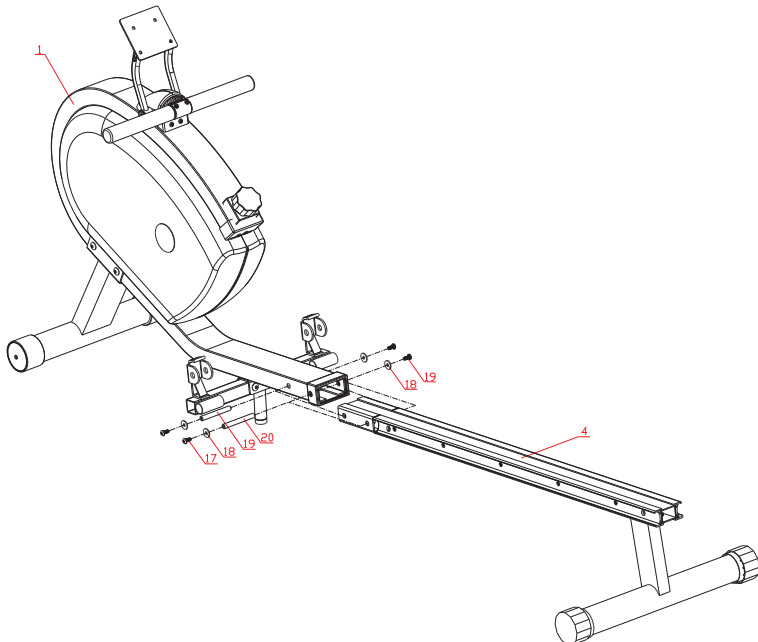
Attach the Rear Stabilizer (5) onto the Seat Rail (4), Secured with Allen Head Bolt (16), Spring Washer (15) and Flat Washer (14).



Step 4

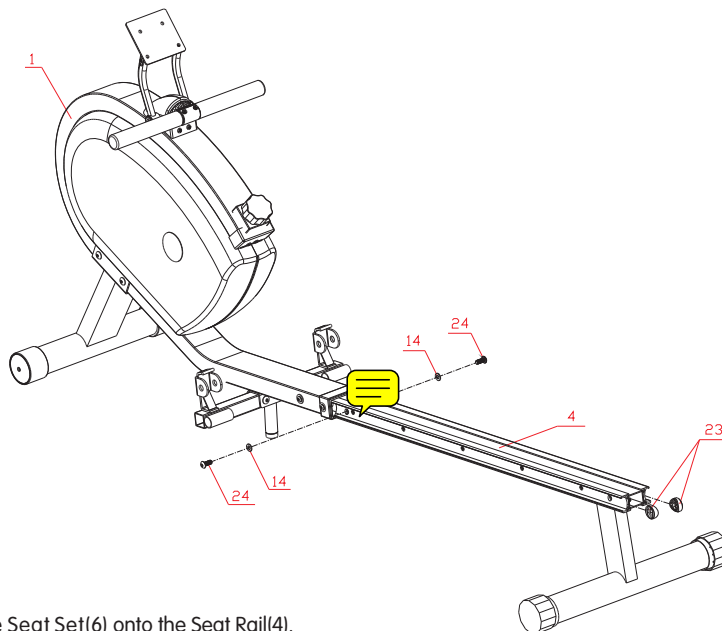
Attach the Seat Rail (4) to the Main Frame (1), and:

1. Insert the Rail Axle II (19) into the connect hole of Main Frame (1), go through the front hole of the Seat Rail (4), then secured with Allen Head Bolt (17) and Flat Washer (18).
2. Insert the Rail Axle I (20) into the connect hole of Main Frame (1), go through the front hole of the Seat Rail (4), then secured with Allen Head Bolt (17) and Flat Washer (18).



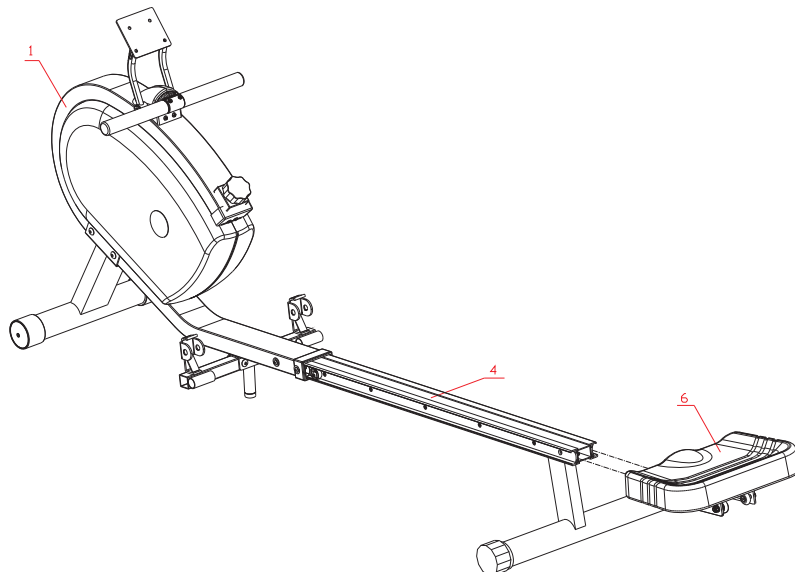
Step 5

1. Secured the Rubber Stopper (23) to the front side of Seat Rail (4) with Allen Head Bolt (24) and Flat Washer (14).



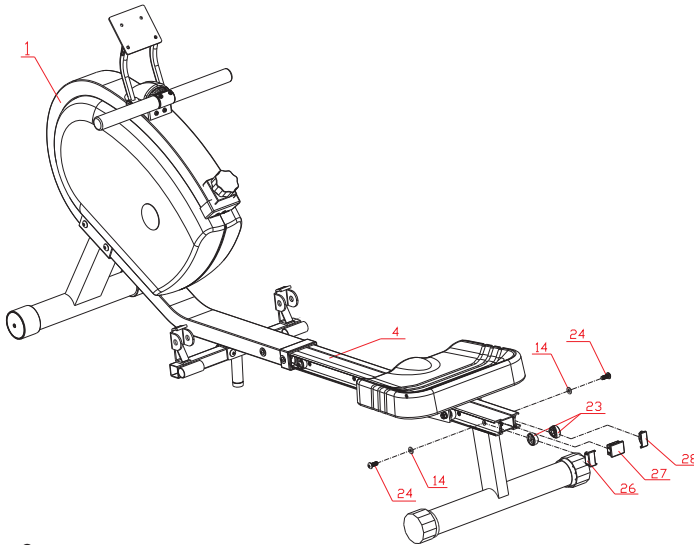
Step 6

- Slide the Seat Set(6) onto the Seat Rail(4).



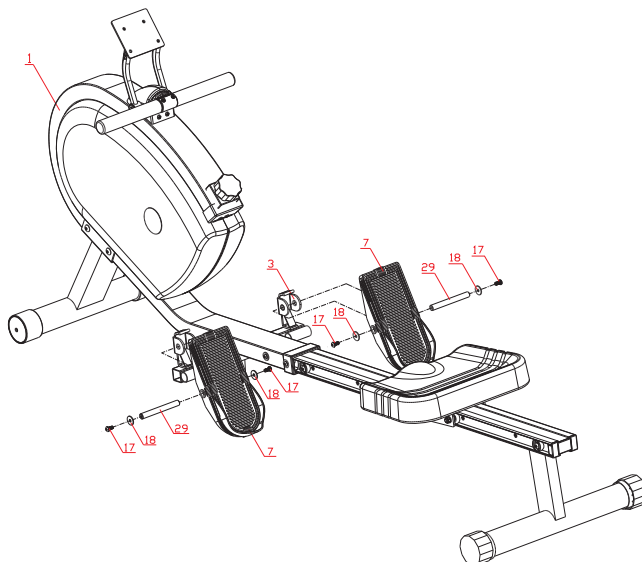
Step 7

Secured the Rubber Stopper(23) to the end side of Seat Rail(4) with Allen Head Bolt(24) and Flat Washer(14), then attach the Left Aluminum Track End Cap(26), Square Washer(27) and Right Aluminum Track End Cap(28) onto the Seat Rail(4).



Step 8

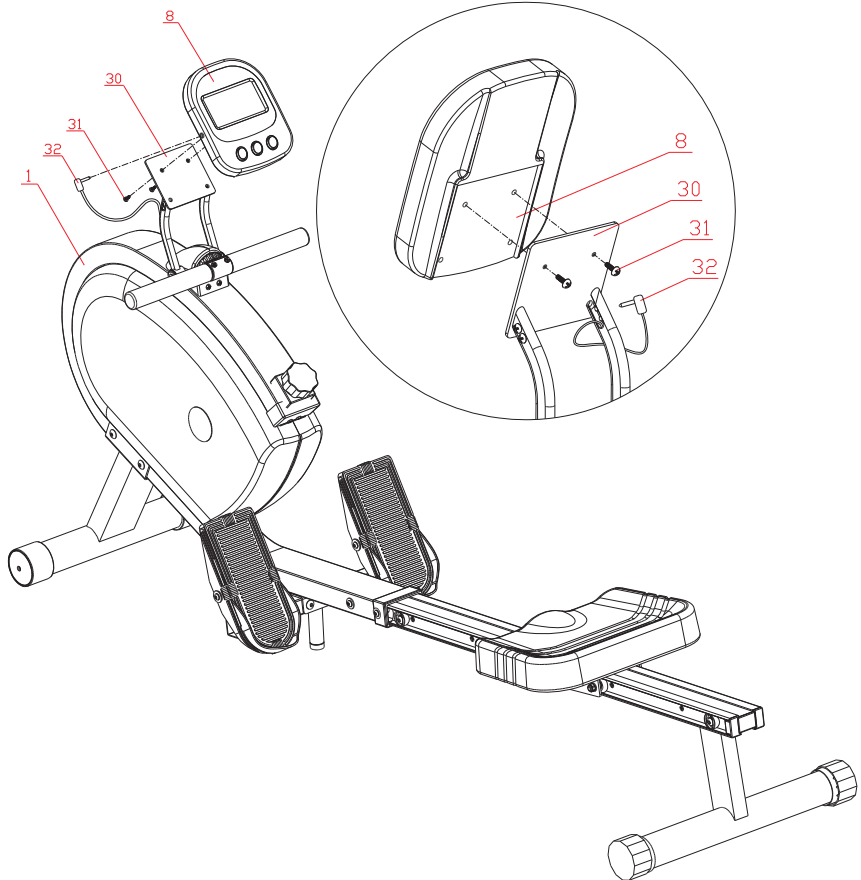
Attach the Pedal (7) to the Pedal Support (3), insert the Pedal Axle (29) and secured Pedal (7) to Pedal Support (3) with Allen Head Bolt (17) and Flat Washer (18).



Step 9

Secured the Computer (8) onto the Computer Support Plate (30) with Screw (31), Plug the Pulse Sensor Wire (32) into the back hole of the Computer (8).

Install the battery and then you can start to do exercise.



COMPUTER OPERATION MANUAL

FUNCTIONAL BUTTONS:

- MODE---Push down for select functions.
 SET ----To set the values of time, count and calories when not in scan mode.
 RESET---Push down for reset time, count and calories.



FUNCTION AND OPERATIONS:

1. SCAN: Press "MODE" button until "SCAN" appears, monitor will rotate through all the 4 functions: TIME, CPM, COUNT and CAL. Each display will be hold for 4 seconds.
2. TIME: (1) Count the total time from rowing start to end.
 (2) Press "MODE" button until "TIME" appears, press "SET" button to set rowing time. When the "set" is zero, the computer will alarm for 15 seconds.
3. CPM: Display current rowing frequency.
4. COUNT: (1) Count the count from rowing start to end.
 (2) Press "MODE" button until "COUNT" appears. Press "SET" button to set rowing count. When the "Set" is zero, the computer will alarm for 15 seconds.
5. CAL: (1) Count the total calories from rowing start to end.
 (2) Press "MODE" button until "CAL" appears. Press "SET" button to set rowing calories. When the "set" is zero, the computer will alarm for 15 seconds.
6. ALARM: The computer will "Beep" "when press "MODE", "SET" and "RESET" buttons.
7. AUTO ON/OFF & AUTO START/STOP

Without any signal for 8 minutes, the power will turn off automatically. As long as the pedal is in motion or press any button, the monitor is in action.

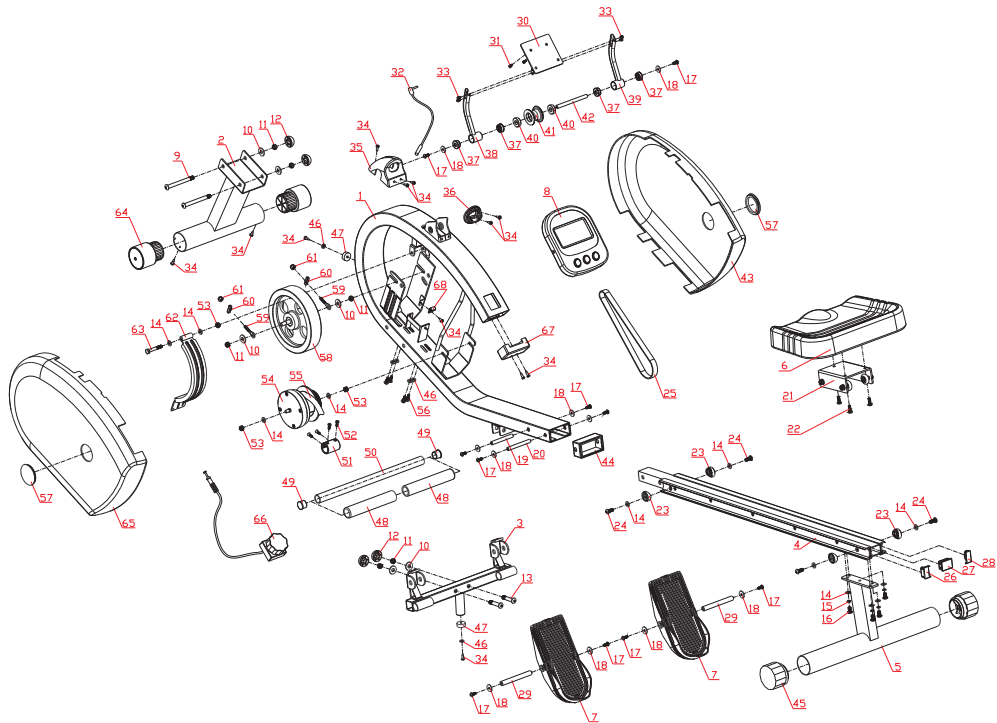
SPECIFICATIONS:

FUNCTION	Auto Scan	Every 4 seconds
	Time	00:00~99M59S
	Count/Min (CPM)	0~999
	Count	0~9999
	Calories	0~9999 KCAL
Battery type		2 pcs of size-AA or Um3
Operating temperature		0°C~+40°C (32°F~104°F)
Storage temperature		-10°C~+60°C (14°F~168°F)



EXPLODED DIAGRAM

MANY OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED AT THE FACTORY.



PARTS LIST

NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	Main Frame	1	35	Pulley Cover	1
2	Front Stabilizer	1	37	Handlebar Stopper	1
3	Pedal Support		36	Bushing	4
4	Seat Rail	1	38	Left Computer Support Tube	1
5	Rear Stabilizer	1	39	Right Computer Support Tube	1
6	Seat	1	40	Bearing	2
7	Pedal	1	41	Pulley	1
8	Computer	1	42	Computer Support Axle	1
9	Allen Head Bolt (M10*100)	2	43	Chain Cover R	1
10	Flat Washer Ø10*Ø25*T1.5	6	44	Rail Connector Cover	1
11	Nylon Nut (M10)	6	45	Rear Leveling End Cap	2
12	Nut Cap (M10)	4	46	Flat Washer Ø6.5*Ø13*T1.5	6
13	Allen Head Bolt (M10*50)	2	47	Foot Pad	2
14	Flat Washer Ø8.5*Ø16*T1.5	12	48	Handlebar Grip	2
15	Spring Washer M8	4	49	Handlebar End Cap	2
16	Allen Head Bolt (M8*15)	4	50	Handlebar	1
17	Allen Head Bolt (M6*15)	10	51	Strap Holder Mount	1
18	Flat Washer Ø6.5*Ø22*T1.5	10	52	Screw Ø5*15	4
19	Rail Axle II	1	53	Nylon Nut (M8)	3
20	Rail Axle I	1	54	Strap Holder	1
21	Seat Support	1	55	Strap	1
22	Bolt (M6*20)	7	56	Speed Sensor Mount	1
23	Rubber Stopper	4	57	Crank Cover	2
24	Allen Head Bolt (M8*20)	4	58	Flywheel	1
25	Drive Belt	1	59	Adjustment Bolt	2
26	Left Aluminum Track End Cap	1	60	Adjustment Knob	2
27	Square Washer	1	61	Nylon Nut (M6)	2
28	Right Aluminum Track End Cap	1	62	Magnet Holder	1
29	Pedal Axle Ø13*113	2	63	Hex Head Screw M8*60	1
30	Computer Support Plate	1	64	Front Transportation Wheel	2
31	Bolt M4*12	2	65	Chain Cover L	1
32	Pulse Sensor Wire	1	66	Tension Knob	1
33	Bolt M5*4	4	67	Square Cover	1
34	Screw Ø5*15	12			

CARE & MAINTENANCE

Proper maintenance is very important to ensure your equipment is always in top working condition. Improper maintenance could cause damage or shorten the life of your equipment and exceed the WARRANTY coverage.

Important: Never use abrasives or solvents to clean the equipment. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

After each workout: Wipe off the console and other frame surfaces with a clean, water dampened soft cloth to remove excess perspiration.

Inspect and tighten all parts of the equipment regularly. Replace any worn parts immediately.

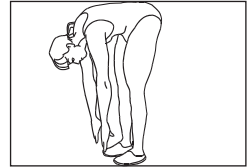
STRETCHING ROUTINE

Warm Up and Cool Down:

A successful exercise programme consists of a warm-up, aerobic exercise, and a cool-down. Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises.

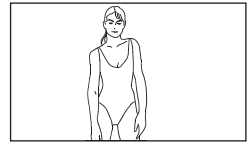
Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts



Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder



Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



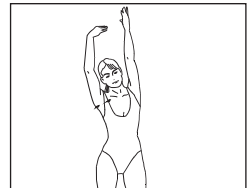
Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



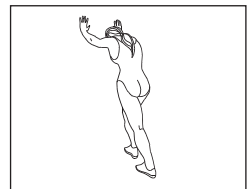
Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts..



LIMITED WARRANTY

This product is warranted to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years from the date of purchase. This warranty extends only to the original purchaser. This warranty is limited to replacing or repairing, at the manufacturer's option, the product through one of its authorized service centres. All repairs for which warranty claims are made must be authorized by the manufacturer. This warranty does not extend to any product or damage to the product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an authorised service centre, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorised.

The manufacturer is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature.

Excluded from warranty are wearing parts and damages caused by misuse of the product. In case of claim please contact your specialist dealer. The warranty period starts at the date the product was purchased (please carefully retain your sales receipt). Our quality products have been designed and tested to meet the needs and requirements of a committed Fitness-Training of in-home use. This product is tested to the European Standard EN957

Customer Service: +44 (0) 0845 600 0464

To achieve the best support in case of a problem with your product, we would ask you to please quote the product Model Name and Serial Number.

These can be found on the sticker underside your product.

Model name: _____

Serial number: _____

Spare Parts Order:

If you require any parts for your machine please contact Technical Support on 0845 600 0464

Please have your machine serial number and production date to hand.

Waste Disposal

Please discard product in accordance with local environmental laws, regulations and WEEE directive.





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GOLD MEDAL ROWER AG-14402

User manual, 1st edition.

For information on the Roger Black Medal Series visit www.rogerblackfitness.co.uk

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